

Table Tips

Good food choices have helped your child grow. By continuing to make healthy choices at the table and between meals your child will continue to grow strong. Remember, your child is looking to you for guidance. Promote good eating attitudes and behaviors to aid them in making healthy food choices.



- ✎ Try to include your child in preparing meals. Have them set the table or cut up foods with a table knife.
- ✎ Eat meals as a family to develop relationships and model good eating behaviors.
- ✎ Your child's eating behaviors may become influenced by outside sources like their friends or through TV.
- ✎ Help your child make healthy decisions when purchasing foods at the store or a restaurant.

Eating at School

Your child spends a good portion of their day at school. This means they will be eating away from home. Whether you decide to have your child pack a lunch or purchase the school lunch, help them make healthy food choices.

If your child packs a lunch to take to school, make sure you provide fruits, vegetables, and at least one slice of whole grain bread. Have your child buy a carton of milk at school to help build strong bones.

If your child is buying their lunch at school, know that the meal provided will contain 1/3 of the nutrients your child needs for the day. Try to limit the amount of extra food your child can purchase and show them to choose foods low in fat and sugar.

Snacking








Snacking is important for your child's growth. Offer healthy choices like fruit, vegetables, whole grain crackers, or popcorn. Limit the amount of soda pop, juice, chips and candy your child eats after school.

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Foods for Growing Children



Guidelines for Children (Ages 6-10)

FOOD GROUPS	FOOD CHOICES	6-7 years Amount Needed	8-10 years Amount Needed	Amount Eaten	Difference
Breads & Cereals 	Bread: 1 slice = 1 oz Cereals: 1 cup = 1 oz Cooked cereals: ½ cup = 1 oz Pasta: ½ cup = 1 oz 5 whole wheat or 7 saltine crackers = 1oz	5 oz	6 oz		
Vegetables 	Cooked, raw, whole, juice	2 cups	2 ½ cups		
Fruits 	Cooked, raw, whole, juice	1 ½ cups	1 ½ cups		
Milk 	Milk, yogurt, pudding 1 ½ oz cheese = 1 cup of milk	3 cups	3 cups		
Meats/Beans 	Lean meat: size of deck of cards: 3 oz Egg= 2 oz Cooked dry beans: 3 tbsp = 1 oz Peanut butter: 2 tbsp = 1 oz	5 oz	5 oz		
Oils 	Olive oil, canola oil, other vegetable oils. Soft vegetable oil spreads, salad dressing, and mayonnaise with no trans fat.	5 teaspoons	5 teaspoons		
Discretionary Calories 	Additional calories from foods including butter, margarine, ,sugar, candy, jam, syrup, soft drinks, cake, cookies, pie, chips, etc.	130 calories	195 calories		

Whole grains and cereals are an important source of nutrients and fiber. Whole grain foods include whole wheat bread, oatmeal, brown rice, whole wheat pasta, and whole wheat crackers. Whole grains cannot be identified by the color of the food. Whole grain should be listed first in the ingredient list.

Offer a variety of vegetables to your child. Include dark leafy green vegetables, orange vegetables, starchy vegetables, dry beans and peas, and other vegetables like cucumbers, tomatoes, and cauliflower.